



## Lynn's Carrot Cake

 Vegetarian

READY IN



60 min.

SERVINGS



8

CALORIES



1003 kcal

DESSERT

### Ingredients

- 2 teaspoons baking soda
- 0.5 cup butter
- 2 cups carrots grated
- 0.5 cup coconut flakes flaked
- 1 pound powdered sugar
- 8 ounce cream cheese
- 4 eggs
- 2 cups flour all-purpose

- 1 cup pineapple rings with juice crushed
- 1 teaspoon salt
- 0.5 cup cocoa powder unsweetened
- 1 teaspoon vanilla extract
- 1.5 cups vegetable oil
- 1 cup walnut pieces chopped
- 2 cups granulated sugar white

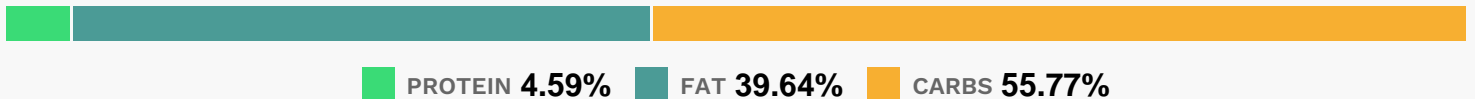
## Equipment

- bowl
- oven
- toothpicks

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour three 9 inch round cake pans.
- In a medium bowl, stir together the flour, sugar, baking soda, salt and cocoa, set aside. In another bowl, stir together the eggs, vanilla and oil. Stir in the dry ingredients until they are completely absorbed. Fold in the carrots and pineapple.
- Pour the batter evenly between the three prepared pans.
- Bake for 30 minutes in the preheated oven, until a toothpick inserted comes out clean. To make the frosting, combine the cream cheese, butter and confectioners sugar in a medium bowl. Beat until smooth, then stir in the coconut and nuts. Frost cake when cool.

## Nutrition Facts



## Properties

Glycemic Index:36.12, Glycemic Load:53.81, Inflammation Score:-10, Nutrition Score:21.089999914169%

## Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

## Nutrients (% of daily need)

Calories: 1002.58kcal (50.13%), Fat: 45.79g (70.45%), Saturated Fat: 19.38g (121.16%), Carbohydrates: 144.99g (48.33%), Net Carbohydrates: 139.12g (50.59%), Sugar: 112.26g (124.74%), Cholesterol: 140.98mg (46.99%), Sodium: 803.77mg (34.95%), Alcohol: 0.17g (100%), Alcohol %: 0.07% (100%), Caffeine: 12.36mg (4.12%), Protein: 11.92g (23.84%), Vitamin A: 6214.24IU (124.28%), Manganese: 1.13mg (56.28%), Selenium: 23.16µg (33.09%), Copper: 0.59mg (29.56%), Vitamin B1: 0.36mg (24.19%), Vitamin B2: 0.41mg (24.07%), Folate: 94.25µg (23.56%), Fiber: 5.87g (23.47%), Phosphorus: 224.86mg (22.49%), Vitamin K: 21.71µg (20.68%), Iron: 3.44mg (19.12%), Magnesium: 74.36mg (18.59%), Vitamin B3: 2.59mg (12.94%), Vitamin E: 1.84mg (12.26%), Potassium: 413.06mg (11.8%), Vitamin B6: 0.23mg (11.48%), Zinc: 1.69mg (11.29%), Vitamin B5: 0.88mg (8.78%), Calcium: 85.99mg (8.6%), Vitamin C: 4.28mg (5.19%), Vitamin B12: 0.28µg (4.7%), Vitamin D: 0.44µg (2.93%)